

Tested
Tools

The Tribune Institute

HOUSEKEEPING AS A PROFESSION

Tested
Foods

Vegetables, Fresh, Dried or Canned, Are Needed in Winter Menus

Choose the Market's Most Plentiful Offerings for Economy and Reliable Prepared Brands for Safety



"Common Garden Varieties" May Be Served in Piquant, Appetizing Styles for Any Meal of the Day

By Virginia Carter Lee
WITH fresh spring vegetables still scarce in the markets, and consequently high in price, many women supplement their daily menus with fresh winter varieties and the occasional addition of canned vegetables and fresh salad greens.

Cauliflower, winter beets, spinach, cabbage, oyster plant, carrots, mushrooms, peppers, onions, artichokes and string beans can now be obtained at fairly reasonable prices, and with endive, lettuce, celery and cress, the tiny new onions and chives for the "salad makings," the housewife has a wide range from which to make her selection.

When using canned foods select those of a reliable brand and stick to them. If you want to "try out" a new variety make use of it in a soup or some made dish and do not serve it plain as a vegetable until you are quite sure that it measures up to the best standard of freshness and quality.

The dried and dehydrated vegetables are also excellent. The tiny lima beans are perhaps one of the best of the dried class, and, used in connection with canned corn, they give a most delectable succotash.

Cabbage and Others

In using cabbage serve it raw when possible, because of its large vitamin content. It may be added with advantage to almost any salad and it may frequently be substituted for the more expensive celery.

Just at this season of the year, when the family is probably de-

manding "something new" in the eating line, try serving the vegetables in novel ways—par example, the addition of tiny sautéed pearl onions to drained canned peas; a cauliflower in pudding style; a new dressing for the rather tasteless cooked winter beets; braising the outer stalks of a bunch of celery, oyster plant served as an escalloped dish, and spinach made into a soufflé or cutlets.

Almost all vegetables are decidedly the better if cleaned and allowed to stand in cold water for two or three hours before cooking. A little sugar, as well as salt, added to the water in which they are cooked will add to the flavor and sweetness.

When vegetables are to be served plain be generous with the butter in seasoning and in carrots, spinach, cabbage, onions, etc.; a little thin cream added as well will mean much for flavor. Place the seasoned vegetable over hot water for seven minutes to let the seasoning "steam in."

Tomato Soufflé

To prepare the tomato soufflé beat the yolks of three eggs until lemon colored and set aside. Place in a saucepan one cupful of highly seasoned stewed tomatoes and thicken with four tablespoonfuls of flour blended with three tablespoonfuls of melted butter. Cook, stirring constantly, and when thickened add the egg yolks. Cook a moment to set the eggs, remove from the fire and cool slightly. Fold in the stiffly whipped egg whites, turn into a buttered soufflé dish and bake in a moderate oven

until light and browned. Serve at once.

A delicious combination vegetable dish is made from celery and green peppers, as suggested for the Sunday night supper. Cut the peppers, remove the seeds, wash and parboil for fifteen minutes in salted water. Drain and fill with a mixture of bread crumbs, chopped oysters (drained), chopped stewed celery, salt and paprika to taste, a little chopped parsley and melted butter. Cover the tops with buttered crumbs and bake in a quick oven for fifteen minutes.

One of the best methods of serving cabbage (cooked) is hot slaw. Place in the upper part of the double boiler one tablespoonful each of flour and sugar, one teaspoonful of salt, a few grains each of cayenne and mustard and three-quarters of a cupful of milk. Stir constantly over hot water until thickened and add one beaten egg and three cupfuls of shredded, cooked cabbage. When the cabbage is heated, add about half a cupful of weak vinegar.

The Week's Supplies

Supplies for the week will include

at the butcher's one pound of chopped beef for 40 cents, a quarter of a pound of salt pork at 25 cents a

pound, one pound and a half of breast of veal at 30 cents a pound, one pound of ham for 45 cents, half a pound of bacon at 44 cents a pound and two pounds of rib chops for the "crown" at 48 cents a pound.

At the fish market, two pounds of haddock at 22 cents a pound, one pound and a half of smelts at 30 cents a pound, one-third of a pound of salt cod at 28 cents a pound, one roe shad for \$1.40 and one dozen oysters at 2 cents each.

Purchase for the dairy supplies two pounds of table butter at 42 cents a pound, three-quarters of a pound of oleo at 30 cents a pound, six quarts of Grade B milk at 16

cents a quart, three half pints of cream at 28 cents a bottle and two dozen and a half eggs at 60 cents a dozen.

Marketing prices for four persons should run at the following approximate figures:

Butcher's bill	\$2.55
Fish bill	2.62
Dairy products	4.34
Fruits	3.20
Vegetables	4.15
Groceries	9.14
Total	\$26.00

Vary Old Methods With New Attractiveness

THE cauliflower, so little understood by some housewives; the highbrow mushroom and lowly spinach and beets are all cavorting here together:

Cauliflower Pudding

Boil or steam a small head of cauliflower, and when nearly tender cut in small pieces, drain and sauté lightly in a little hot oleo. Make a thin cream sauce of two tablespoonfuls of butter, one and a half tablespoonfuls of flour, salt, celery salt and paprika to taste and one and a half cupfuls of milk. Cook until well thickened, stir in two

beaten eggs and add the cauliflower. Turn all into a buttered baking dish, dust the top with grated cheese and set the dish in a pan of hot water. Bake in a moderate oven until set like custard. Slices of broiled bacon may be laid across the top if desired.

Cream of Mushroom Soup

Peel and cut in small pieces half a pound of fresh mushrooms. Sauté them with two tablespoonfuls of minced onion in four tablespoonfuls of oleo. When softened, add water to barely cover and simmer until tender. Have ready one pint of thin cream, add this to the other ingredients and stir in the beaten yolks of two eggs, with salt and paprika to taste and a few grains each of nutmeg and mace. Cook over hot water until thickened and serve without boiling.

Deviled Beets

Soak winter beets for one hour and a half in cold water, then boil gently until tender (about three hours), plunge at once into cold water, rub off the skins and cut into dice. To each three cupfuls of the cooked vegetable add three tablespoonfuls of butter, one-quarter of a teaspoonful of mustard, dissolved in two tablespoonfuls of vinegar, three-quarters of a tablespoonful of powdered sugar, half a teaspoonful of salt, a quarter of a teaspoonful of paprika and a teaspoonful of Worcestershire sauce. Mix the dressing well into the beets and serve very hot.

Mexican Tomatoes

Melt two tablespoonfuls of ba-

con fat and in it cook three tablespoonfuls of minced green pepper and one teaspoonful of minced onion. Add one pint each of canned tomatoes and drained, canned corn, one rounding teaspoonful of sugar, half a bay leaf, three-quarters of a teaspoonful of salt and a quarter of a teaspoonful of paprika. Simmer for fifteen minutes and serve in a heated vegetable dish, rubbed over with a cut clove of garlic.

Lenten Salad

Mix together one cupful of diced celery, half a cupful each of broken black walnuts and sliced radishes, one tablespoonful of chopped young onions, three tablespoonfuls of shredded cress and one chopped hard-boiled egg. Moisten with a boiled dressing and arrange in mounds in lettuce leaves. Mass with additional dressing and sprinkle with chopped green peppers.

Spinach Cutlets

Cook two quarts of washed spinach in salted water to cover, and when tender drain and rub through a sieve. Add a cupful of bread crumbs, one tablespoonful of minced onion, salt and paprika to taste, half a cupful of the water in which the spinach was cooked and the yolks of two eggs well beaten. Cook over hot water, stirring until the mixture leaves the sides of the pan, then remove from the fire and turn out on a large platter. Chill, form into cutlet shapes, egg and bread crumbs, and by means of a frying basket cook in deep hot fat to a rich brown. Drain on brown paper before serving.

A New Viewpoint on the Much Discussed "Servant Problem"

By Alice A. Crown

"A refined and experienced housekeeper is desired by a family of three consisting of a professional man and his wife, who are occupied all day, and a child of eight at school. A definite sum will be allotted for household expenses, to be spent at the discretion of the housekeeper."

THIS advertisement in a Sunday paper led to my discovery of the "new mistress." The position looked as if it might be made for me. Such a household offers one of the few modern, available opportunities for the expression of the craftsman's spirit. After performing the daily tasks in a household where the family was absent all day, I could have leisure to write if I so desired. I would rather conduct an omelette than type a dictated letter in an office.

I like quiet, privacy, space, pretty rooms in which to work, everything that feeds my sense of individuality, rather than conditions that merge me into an uninterested and meaningless crowd. If I kept four people in health through judicious feeding and created an atmosphere of restfulness and absence from worry over household matters for an economically independent woman my work would have social value.

A New Attitude

I answered the advertisement, stating my qualifications and adding with much glee "it is immaterial to me whether I am treated as an equal or not." I could not forbear surmises concerning the interpretation of that clause, but it was my safeguard if the professional man and his wife should prove commonplace and uninteresting and I should not desire any more intimacy than the daily work involved. I drew the line as distinctly between work and personal relations as any distraught mistress who does not wish her Bridget to dine with her. Only I rejoiced in turning the tables, smiling as I allied myself with the employees instead of the employer.

In due time Mrs. Olmsted's answer arrived and I went to see her, finding her as charming and attractive as any of my friends. Glorious condescension! I was willing to admit that whatever personal relations should result probably would be pleasant. Mrs. Olmsted disliked the idea of housework being "a servant's job" and was unwilling to consider an uneducated woman as a member of her household and associating with her little son.

doing the work that I had undertaken efficiently and I hoped to the satisfaction of Dr. and Mrs. Olmsted. Our constant discussions were calories, food properties, vitamins, family budgets and other matters relating to scientific housekeeping. I soon systematized the work so that seven hours was a high daily average; my morning's work being usually finished before 10:30 when I was free to write while I was fresh instead of at the end of a worker's day if I had chosen another occupation. The dinner was prepared in an hour and a half to two hours, the dishes being out of the way by 8 o'clock; but any evening I wished to go out earlier Dr. and Mrs. Olmsted would help or even volunteer to wash the dishes, including pots and pans. They realized that I had the same cultural needs as themselves and were always willing to aid and abet me in satisfying them.

A Co-operative Member

It was some time before I could free myself from the recollection of the way in which I was accustomed to have my maids do their work; in how many things I had had standards of conspicuous service rather than human ones. Mrs. Olmsted had successfully substituted human for traditional demands.

Gradually I became established as a co-operating member of the home, with no question of equality or difference. It had only been my own preconceptions that had delayed the relationship of perfect co-operation. I had chosen to do housework to free Mrs. Olmsted for her professional duties. My free choice was regarded by her as giving housework the same dignity as her profession. It was my own conventional idea of the proper attitude for a housekeeper to hold that died hard.

The best of the bargain has fallen to me. First although my room is small it is much more comfortable than the one for which I paid \$8 a week last winter, and I have the unlimited use of the house all day, which the family has the opportunity to enjoy for only a few hours in the evenings. Every part of it is mine to use freely.

Secondly, I have better remuneration. Mrs. Olmsted's monthly cheque probably quadruples mine, but after she has paid for her daily lunches and streetcar fares and the expenses incident to her work, her share of the household expenses and my wages, I doubt if she has as much remaining for personal satisfaction as I have.

Here Are Sunday Desserts For Plain and Fancy Folks

By Mary Louise

EVERY Saturday morning in the well managed household madame concentrates her attention on the menu for Sunday. She realizes that out of consideration for the queen of the kitchen all things possible should be prepared beforehand. She realizes, too, that for the homecoming college boy or girl, the unexpected guest, and for the husband whose Sunday is his holiday, the dinner must be par excellence. The desserts, especially, ask for variation and originality. The following five are tried and proved, and pronounced wonderful in a family whose tastes are critical:

Washington Pudding

One-half a baker's sponge cake.
4 lb. marshmallows.
4 cake sweet chocolate.
3 eggs.
2 tablespoonfuls water.
2 tablespoonfuls powdered sugar.
Melt the chocolate in the double boiler. Cut cake in cubes and the marshmallows in thirds. Beat whites of eggs to a stiff froth with a wire spoon, add yolks, one at a time, then sugar, then hot melted chocolate, beating constantly. Line a deep dish or bowl with paraffin paper. Put first a layer of cake, then chocolate and egg mixture, etc., until dish is filled. Put on ice. To serve, turn from the mold, remove paper and garnish with whipped cream. This serves four or five people.

Elizabeth's Date Pudding

One heaping cupful of dates.
One heaping cupful of English walnuts.
Two eggs.
Three-quarters cupful of sugar.
One heaping tablespoonful flour.
Three-quarters teaspoonful of baking powder.
Cut dates in pieces. Break English walnut meats. Beat the eggs until light, add sugar, then dates and nuts. Lastly, add flour and baking powder sifted together. Bake in a buttered flat glass dish one-half hour, in slow oven. Serve cold in the same dish with whipped cream.

Favorite Apple Pudding

Three-quarters cupful of sugar.
Three cupfuls stale bread crumbs.
Three large tablespoonfuls butter.
Two cupfuls strained apple sauce.
One-half glass tart red jelly.
One quarter pound candied fruit.
Brown the butter, sugar and bread crumbs in a frying pan, stir-

ring carefully. Sprinkle this into a pudding dish, covering sides and bottom. Then add layers of apple sauce and bread crumbs alternately, having bread crumbs on the top. Bake thirty minutes in moderate oven. Remove from baking dish. When ready to serve, cover with a thin coating of jelly, over which pour whipped cream in which is added one-quarter pound mixed candied fruit, cut in dice.

Rice Surprise

One-third cupful of rice.
One-half cupful of sugar.
One and a quarter cupfuls milk.
One-third teaspoonful salt.
Three-quarters of a tablespoonful of gelatine.
One-half cupful of cold water.
One cupful of diced canned pineapple.
One orange rind.
One cupful of cream.

Wash the rice, boil five minutes; drain and rinse with cold water; then steam in cereal boiler with one and a quarter cupfuls of milk and the grated yellow rind of one orange until very soft. Add salt, sugar, one cupful of cream and bring to a boil. Stir into it three-quarters of a tablespoonful of gelatine previously soaked in cold water. Remove from the fire, add diced pineapple, beat until nearly cold and pour into a ring mold. When served fill center with sweetened whipped cream.

Orange Meringue

One large lemon.
Three oranges.
Two cupfuls of hot water.
One cupful of granulated sugar.
One tablespoonful of cornstarch.
Pinch of salt.
Two eggs.
One tablespoonful powdered sugar.

Grate the rind and squeeze the juice of one large lemon; add two cupfuls of hot water and boil for five minutes. Strain through a fine strainer. Add one cupful of granulated sugar, one tablespoonful of corn starch dissolved in a little cold water, and a pinch of salt. Boil six or eight minutes. Pour onto the well beaten yolks of the eggs, stirring constantly. Remove sections of oranges from the skin, put in a dish and sprinkle with powdered sugar. Pour the lemon mixture over the oranges. When cold beat the whites of the eggs to a stiff froth; add one tablespoonful of powdered sugar, one teaspoonful of lemon juice and one teaspoonful of grated orange rind. Drop by spoonfuls on top of the pudding. Brown quickly under gas flame. Serve cold.

Monday BREAKFAST Grape Fruit Potato Omelette Buttered Toast Coffee LUNCHEON Cauliflower Pudding Rye Bread Ginger Ale Fruit Jelly DINNER Tomato Bouillon Stuffed Haddock Hashed Browned Potatoes Celery Garden Parfait	Tuesday BREAKFAST Baked Maple Apples Browned Fish and Vegetable Hash Popovers Coffee LUNCHEON Cream of Mushroom Soup CROUTONS Fruit Salad Finger Rolls DINNER Celery Canapes Beef Loaf Stuffed Sweet Potatoes Asparagus Tips and Green Peas Peach Tarts	Wednesday BREAKFAST Orange and Grape Juice Broiled Bacon Tomato Soufflé Toast Coffee LUNCHEON Sliced Beef Loaf Potato and Endive Salad Hot Prune Whip DINNER Vegetable Chowder Crackers Stuffed Smelts New Potatoes Celery Thousand Island Dressing Coffee Flapjacks	Thursday BREAKFAST Stewed Apples Codfish Batter Cakes Watercress Thin Bread and Butter Coffee LUNCHEON Enchiladas Vegetable Omelette Celery Cup Cakes with Chocolate Sauce DINNER Bouillon Cheese Straws Braised Breast of Veal Brown Gravy Grape Jelly Mexican Tomatoes Potato Puff Dandelion Salad Fruit Junket	Friday BREAKFAST Fruit Cocktails Potato Scones Lyonnais Eggs Coffee LUNCHEON Lentil Salad Bread Rolls Cocoa Apple Dumplings Foamy Sauce DINNER Halved Grape Fruit Broiled Shad New Potatoes String Beans with Cream Onion and Radish Salad Maple Nut Washington Pie	Saturday BREAKFAST Oranges Fried Shad Roe with Bacon Beaten Biscuits Endive Coffee LUNCHEON Baked Stuffed Onions Corn Bread Celery Raisin and Lemon Turnovers DINNER Artichoke Soup Creamed Potatoes Spinach Cutlets Broiled Ham Steamed Fig Pudding Hard Sauce	Sunday BREAKFAST Stewed Rhubarb Shirred Eggs with Ham Raised Muffins Coffee LUNCHEON OR SUPPER Baked Stuffed Peppers (Oyster Forcemeat) Red Cabbage Salad Fruit Ambrosia DINNER Cream of Spinach Soup Crown of Lamb Mint Sauce Browned Sweet Potatoes Currant Jelly Peach Cabinet Pudding Whipped Cream Sauce
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Ravioli—An Italian Savory Worth Knowing

By Eva E. Barrett

"WHAT for lunch to-day, Giacinta?" I murmured drowsily from my white, pillowy, befrilled bed, as she enters with my steaming morning coffee, crusty brown rolls and thin, shell-like paste of butter.

She throws back the narrow green shutters, and glimpses of Italy's melting blue mountains, cypress trees and olive groves appear in one grand flood of sunshine. I lay peacefully content at one of the pleasant hours of the day, a pile of letters and newspapers, from home, beside me.

"To-day, signorina, I give you ravioli," she says.

"Ravioli?" I repeat, blinking in the strong sunlight. "Ravioli?" Ah! I add in a sudden burst of inspiration. "Only another dish of your eternal macaroni. The same bad, bold creature, scantily clothed and disguised under another name, hiding under sauce and conversation at a New York dinner table."

"Si, signorina," says Giacinta meekly—

"When in Rome"

"Your cookery, O fair Giacinta," I continue, "always expresses the national character of Italy. French food is clever and amusing because the French people are the same. Yours is oily and flattering and somewhat, I regret to say, double-faced at times. The oil bottle stands

firmly and perpetually to the death—like the sentinel at Pompeii—by my plate—and when you can add a few drops I can rest assured you will."

Giacinta (my Italian cook) smiles all over her handsome morning face as she pours out my fragrant coffee. "No, signorina; ravioli is a national dish, not macaroni," she protests, smilingly, and totally ignoring my "flow of soul," she retires to the kitchen beneath.

Two hours later a savory smell entices me to the kitchen, where Giacinta bustles around. Ravioli, I find, is an entree, an entree or savory before meat being the plan invariably and economically followed by Giacinta. For the matter of that, it is followed by all Italian housewives, and many is the dish they have for taking the edge off the appetite and the butcher's bill at one and the same moment.

Ravioli Made by Giacinta

But ravioli, I perceived as I idly sat and watched, is a new dish to American housewives and one indeed warranted to lengthen the life of the ham. A kind of pastry made with eggs, it forms the groundwork of many an Italian dish.

"This entree is an excellent way of using up scraps of ham and cheese," says Giacinta solemnly and instructively.

"The ingredients I give you are for six people: 'One pound of flour, two or three

eggs, six ounces of ham, one-quarter pound of Gruyere or Parmesan cheese."

Giacinta was mixing the eggs very thoroughly into the flour.

"You must take at least twenty minutes over this," she says. "All the success of the dish depends upon it. Some pastry you can hardly touch or look at, but this wants solid hard work."

"Now," she continues, "roll it out as thin as possible, almost to paper, and lay it on a cloth to dry for a short time. Meanwhile, chop the ham and cheese."

"Cut circular pieces out of the pastry with a jam tart cutter," she adds ten minutes later, "and place a little of the ham and cheese in the center of each. Fold over" (suing her actions to her words) "into half moons and decorate the edges with a fork or by any method you like. Now they are ready. I am going to fry them in boiling fat to a pale straw color and garnish with chopped parsley."

"They are equally appetizing boiled. In this case drop them into boiling water, well salted. When they are cooked they will rise to the surface. Drain off the water, sprinkle with parsley and serve very hot."

"Well, what else can you make with this pastry?" I inquire.

Foundation of Many Dishes

"Things without number, signorina. This is called 'fetticini,' and is the foundation of many Ital-

ian dishes," she adds as she bends over the old tiled stove. "Cut it up into ribbons, long and narrow, about a quarter of an inch across, boil it in the way I have just told you and then serve it as you would macaroni—smothered in tomato sauce, cheese, rich gravy, butter or liver, meat or fish. But, signorina, I will divulge to you the great secret of the Italian cook, who makes it fetticini successfully, and that is never to touch them with a fork or spoon, when once they are in the water, with the idea of separating them. That they will do by themselves when once they rise to the top of the water, and then, and then only, must they be lightly touched."

"A favorite dish for children is made by rolling it into long, narrow rolls about a quarter of an inch round—twisting into true lovers' knots, frying a light brown, then sprinkling it with sugar."

I went up on the flat roof, the awning overhead casting a grateful shade; grape vines trellised the sides, the scent of an avenue of pink oleanders rose from beneath, and the lake was a dark blue streak in the distance.

"Buon appetito," sings out Giacinta triumphantly, her rich Southern beauty slightly flushed, as she places the little dish of tempting golden brown crescents, puffy and light, with their decoration of bright green parsley, before me.